

Om or ohm.

Om is the sound of a meditator around which the meditative spirit grows. The meditator is breathing deeply at a steady rhythm. In other words, creating a frequency. Like voltage transmission systems measured in Ohms, this requires the maintenance of a steady frequency. The downstream use of current may vary the voltage but the frequency remains constant. This is the key to meditation.

Common to most meditation systems are three things. Breath, flowing energy, and quieting the monkey mind. These open up the world of meditation and bring a lifetime of benefits.

Breathing but breathing in such a way that you count your breaths. You know your breath, you're inhaling your air, then exhaling at a slow steady pace. Begin counting to five, inhaling. End the breath counting to five exhaling. That creates a frequency of five up and five down — a wave, so to speak. What does that mean?

First, it is a slow breath. So slow, you would not disturb a feather right at your nose. What is the beauty of it? inhaling or exhaling you have this effect like a bellows. It is feeding evenly a fire. The body warms up to it and loves it. It helps calm the system, and if you count 1 2 3 4 5 — it keeps your mind busy.

That steady in and out of air gently inflates and deflates the air sacs in the lungs giving them a break from the whirl of life throughout the day. At the same time it refreshes them.

Flowing energy is the next thing that meditation needs. Where are you flowing? Hopefully, breath is flowing in and breath is flowing out. That's the most natural flow. The flow can inhale into the front of the body through the organs, then flow up the spine and back out the mouth. All the way in and all the way out flowing. Keeping that flow going is essential to meditation. Once again, it is a deeper calming of the mind. And if you're counting 12345 inhale 12345 exhale — once again, you're keeping the mind busy.

The third element of meditation is taming the mind. The monkey mind is the mind that flits from tree to tree, letting it stop. Let your thoughts come up. Observe them but don't follow them. Let them go.

Let your breath calm. Let your body calm and let your mind calm. As you calm your mind you become aware of things and that awareness becomes meditation.

You achieve another sense that doesn't exist with your mind keeping you busy. You can let go and step into the present. If you are thinking about something you have already stepped off the now. There is that state where you are not thinking and not doing but the body is absorbing everything around you — being in the now. That is the meditative state. Once again, it is healthy for you. How healthy? Well, count the number of books written on meditation for health. Count the number of exercises that have been combined with meditation. Yoga is meditation in postures. Tai Chi is meditation in motion. It is a very popular thing to combine exercise for health with meditation.